

A Anticataract

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Dosage	References
ALPHA-TOCOPHEROL	--	*
ANTHOCYANOSIDE	--	*
ASCORBIC-ACID	400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
ASCORBIC-ACID	1 g 3x/day	*
ASCORBIC-ACID	350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
BRAZILIN	ED50=100 uM	*
CHYMOTRYPSIN	--	Martindale's 29th
CURCUMIN	75 mg/kg orl rat	*
CYSTEINE	--	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
ELLAGIC-ACID	--	Shimizu, M., Horie, S., Terashima, S., Ueno, H., et al. 1989. Studies on Aldose Reductase Inhibitors from Natural Products.II. Active Components of a Paraguayan Crude Drug 'Para-parai mi,' Phyllanthus niruri. Chem. Pharm. Bull. 37(9): 2531-2532, 1989.
GLYCEROL	--	Martindale's 29th
GLYCYRRHIZIN	--	*
GOSSYPETIN-8-GLUCOSIDE	--	*
GOSSYPIN	--	*
HAEMATOKSYLIN	ED50=100 uM	*
HISPIDULOSIDE	--	Tomas-Barberan, F.A., Lopez-Gomez, C., Villar, A., and Tomas-Lorente, F. 1986. Inhibition of Lens Aldose Reductase by Labiatae Flavonoids. Planta Medica 1986: 239.
L-CYSTEINE	400 mg/man/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
LUTEOLIN	EC=3 ppm	Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. Fitoterapia 64(2): 130, 1993.
METHIONINE	--	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
NEPETIN	--	*
NEPETRIN	--	*
NIACIN	--	*
PATULETIN-3-O-BETA-D-GALACTOSIDE	--	*
PATULETIN-3-O-BETA-D-ROBINOBOSIDE	--	*
QUERCETIN	--	*
QUERCITRIN	--	*
RIBOFLAVIN	15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
RUTIN	--	*
SELENIUM	400 ug/day	*
SIDERITOFLAVONE	1 uM	*

Chemical	Dosage	References
THIAMIN	--	*
TOCOPHEROL	--	*
VIT-B2	15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
VITAMIN-E	--	*
ZINC	30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.